



- Celery has over 15 vitamins and minerals
- Celery is available year round

### Health Benefits

- Vitamin K stops cuts and helps the healing process
- Together with calcium, vitamin K helps build strong bones
- Acts as an anti-inflammatory to help relieve muscle pain

### Storage

- Refrigerate in a plastic bag up to 2 weeks

### Selection

- Look for firm, green, unblemished stalks

### Serving Ideas

- Add chopped celery to your favorite tuna or chicken salad recipe
- Enjoy peanut butter on celery stalks
- Try celery with your dip
- Add sliced celery to soups, stews, casseroles, and stir-fries
- Celery leaves can be substituted for parsley in almost any recipe
- Try celery leaves in salads

### Braised Celery

Serving Size: 1/2 cup

Makes 4 servings

### Ingredients

8 stalks celery, rinsed and trimmed, cut into 1 inch pieces  
 1 tablespoon butter  
 ½ cup broth (chicken or beef)  
 Salt and pepper to taste



### Directions

Heat butter in a pan over medium heat. Once melted add celery, salt and pepper, and cook for 5 minutes. Add broth, stir, cover and reduce heat to low. Cook until celery is tender, about 5 minutes. Uncover and cook for another 5 minutes. Remove from heat and sprinkle with celery leaves. Serve as a side dish or add to your favorite meat dishes. Add carrots and onions to the celery for more flavor and color.